



7 Crucial C's Resilience Questions

Competence

- Do I focus on **my** strengths and build on them?
- Do I recognize what **I** have going for **myself**?
- Am I **building** the educational, social, and stress-reduction skills necessary to **be** competent in the real world?

Confidence

- Do I clearly **acknowledge** the best qualities (not solely achievements, but also personal qualities such as fairness, integrity, persistence, and kindness) in **myself**?
- When I **reflect**, do I focus only on what **I am** doing wrong or do I remind **myself** that **I am** capable of doing well?

Connection

- Do **I** have a sense of physical safety and emotional security within **myself**?
- Am I** absolutely committed to **my** academic success *and* **my** social-emotional wellbeing?

Character

- Do I demonstrate the importance of community?
- Am I careful to avoid racist, ethnic, or hateful statements or stereotypes? *Am I clear to my students/friends/family members/classmates in how I regard these thoughts and statements?*
- Do I express how I think of others' needs when I make decisions or take action?

Contribution

The world is a better place because you are in it.

- Do I **prioritize** the important value of serving others? Do I model generosity?
- Do I **believe that I** can improve the world?
- Do I contribute in some specific way?

Coping

- Do I **believe telling myself** to “just stop” unhealthy coping strategies will improve both in the short term and long term?
- Do I recognize that risk behaviors are attempts to alleviate stress and pain?

Control

- Do I think about the future, but take it one step at a time?
- Do I **recognize** even small successes so I can experience the knowledge that I can succeed?
- Do I understand that **being a reflective practitioner is about growth, not punishment or critical evaluation?**
- What is my “inner voice” telling me the most?**

Reflection

After going through the checklist of questions, what are some areas that you believe you can continue to improve on?